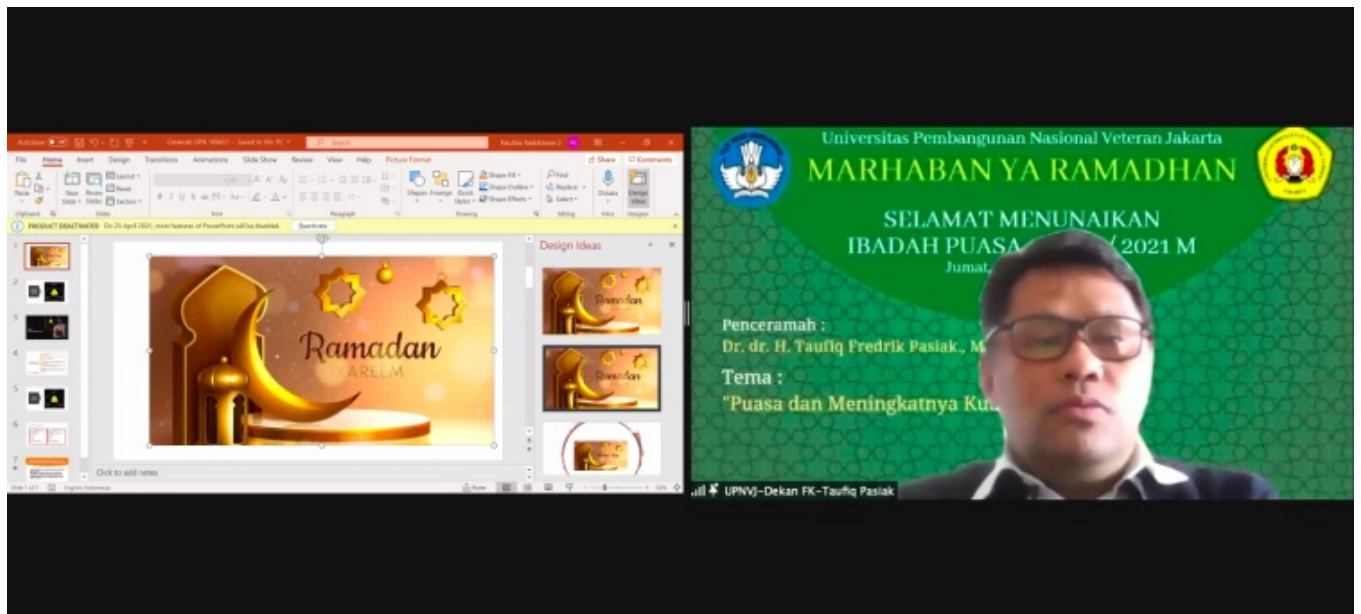




Increasing Piety, UPNVJ Holds Online Ramadan Study

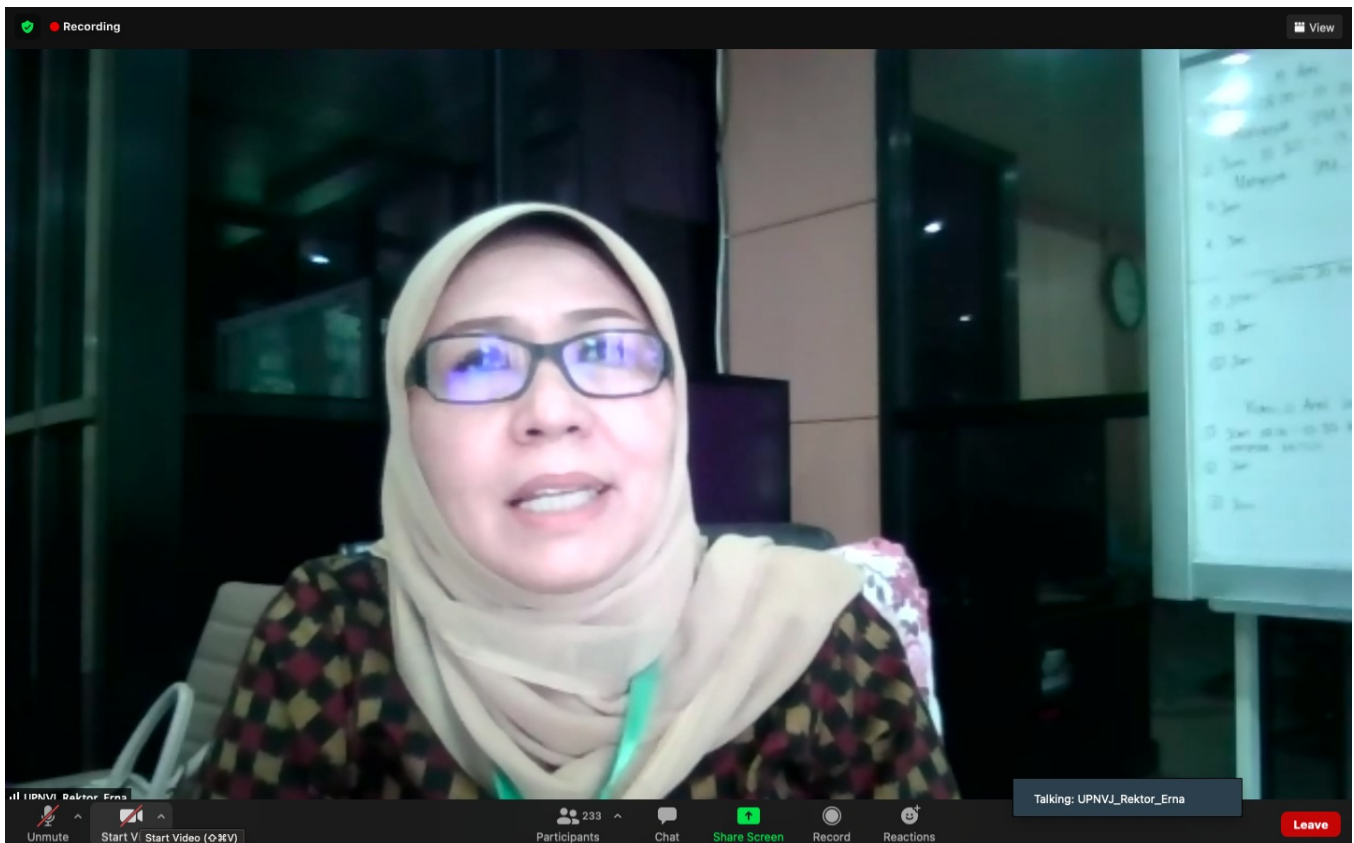
Friday, 16 April 2021 15:06 WIB



HumasUPNVJ - As a form of solemnity in carrying out fasting worship, UPN Veteran Jakarta Holds a Study on Increasing the Quality of Employee Performance in the UPNVJ environment in online form on Friday (16/04/21).

The activity which was held in the first week of the month of Ramadan raised the theme "Fasting and Improving the Quality of Thinking" with Dr. dr. Taufiq Fredik Pasiak., M.Kes., M.Pd.I. who is the Dean of the Faculty of Medicine who is also the CEO and Founder of the Indonesian Brain School.

On this occasion dr. Taufiq, he explained and gave a clear picture of how our brain works when fasting and the benefits when we do other acts of worship such as reading the Koran.



On this occasion the Chancellor of UPN Veterans Jakarta Erna Hernawati also hopes that by holding this activity regularly it can increase knowledge in worship.

"Fasting from a health point of view can have a good impact on our health which also increases our piety. Hopefully the UPNVJ extended family can solemnly and be able to discuss directly with the resource persons," said the Chancellor.

In the future this activity will be routinely carried out by UPN Veteran Jakarta during the month of Ramadan, with this it is hoped that the UPNVJ big family will get many rewards for fasting and also useful knowledge.

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